

**Advanced workshop** for Sexual Assault Workers

*ACT for Trauma working with body  
mind and emotion*

*Dr Russ Harris*

**Dates:** August 14<sup>th</sup> & 15<sup>th</sup>, 2018

*from* 9.30am – 4.30pm

*at* Queen Victoria Women's Centre  
210 Lonsdale St

**It is a pre requisite that you have attended an introductory ACT training, and are familiar with the 6 core ACT processes. This knowledge will be assumed. Additionally, each service can only register two participants.**

**Workshop Objectives**

**Here's what you'll learn:**

- The neurobiology of trauma, including Polyvagal theory and Attachment theory
- How to work effectively with the limbic system
- How to bring a numb body back to life
- Why and how “talk therapy” and “supportive counselling” can keep clients stuck in trauma
- How to use movement and mindfulness to help a client's body unlearn old adaptive responses to trauma
- How to work with a freeze response
- How to help clients find a sense of safety and security in their body
- Simple psychoeducation to help clients understand their trauma symptoms

**And you'll also learn about:**

- How to reverse hopelessness and build optimism from the word 'go'
- How to rapidly ground and centre your clients
- How to use values for post-traumatic growth
- How to recognise and reverse emotional dysregulation
- Powerful new tools, techniques and metaphors for working with trauma
- When and where 'mindfulness meditation' is contraindicated in trauma work
- How to use mindfulness processes flexibly and safely (without meditation)

**And this too:**

- The art and science of compassionate, flexible exposure
- How to keep exposure safe by 'Dipping in' and 'Dipping out'
- How to develop self-compassion, step-by-step, in the face of self-hatred
- How to revisit traumatic memories safely, without getting trapped in them
- How to use self-as-context naturalistically to help clients transcend past trauma
- How to deconstruct and overcome shame, step-by-step

**And as if that wasn't enough, you'll also discover:**

- Inner child imagery and rescripting
- Nightmare rehearsal and rescripting
- Working with body memory
- Defusion from self-hatred, self-criticism, self-blame
- Mindfulness and defusion as antidotes to worrying, rumination, catastrophising
- How to overcome common barriers to change
- Working with comorbidity
- Shifting paradigms: from the "window of tolerance" to the "zone of flexibility"
- Making "homework" simple, desirable, and likely to be successful
- And much, much more!

Web link to ACT introductory workshops:

[https://www.actmindfully.com.au/act\\_introductory\\_workshops\\_\(act\\_training:\\_part\\_1\)#book](https://www.actmindfully.com.au/act_introductory_workshops_(act_training:_part_1)#book)

<https://psychwire.com/harris/act-beginners>

**To register for this workshop - fax registrations forms to 99288749 or email  
Secasa@monashhealth.org**

**For more information about this workshop please contact**

Sarah McGregor, Training Co-ordinator,

Statewide Sexual Assault Workforce Development

email [sarah.mcgregor@monashhealth.org](mailto:sarah.mcgregor@monashhealth.org) or phone 99288741 Mon- Wed



**Advanced workshop** for Sexual Assault Workers

**Registration Slip**

**Statewide Sexual Assault  
Workforce Development**

*ACT for Trauma working with body  
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**August 14<sup>th</sup> & 15<sup>th</sup>, 2018**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Position \_\_\_\_\_

Phone No: \_\_\_\_\_

Email: \_\_\_\_\_

Date Completed Introduction to ACT training \_\_\_\_\_

Managers Approval \_\_\_\_\_

**Name and signature of Manager for approval to attend this workshop, there is a limit of two sexual assault workers per agency.**

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**Please complete this Registration Slip and return to SECASA  
Fax 9928.8749 or Secasa@monashhealth.org**